




Fremont Multi-Service Senior Center
40086 Paseo Padre Parkway (at Lake Elizabeth)
Fremont, CA 94538
790-6600 • 494-4539 (T.T.Y.) •
www.fremont.gov

Lunch: 12 noon (daily)
Information Line: 790-6610 (Menu & Activities)

October

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			October Schedule Changes NARFE Meeting is on the 3rd Friday Oct 15, instead of the 4th Fri. AARP Safe Driver Classes are the last two Fridays, Oct 22 & 29 instead of the first two Fridays.	1 Clothing Sale Cancelled Moved to Jan 21, 2005 AARP Safe Driver class moved to Oct 22 & 29 9:30-3 Washington on Wheels 8:30 Walkers 9:00 Pinochle, Canasta 9:00 Card games 10:00 Bridge 1:00 Pinochle & Canasta 1:30 Needlecrafts 2:00 Garden Club 3:00 Tai Chi
4 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 10:00 Bingo! 10:00 Harmonica (Carlton Plaza) 12:30 Beg Spanish 12:30 Games 12:45 Healthy Lifestyles 1:00 Caregivers Support – Circles of Care at Human Services, Large Conf. Room 3300 Capitol Ave., B 1:00 Painting Class 1:45 Interm Spanish 3:15 Adv Spanish (fee)	5 8:00 Meditation 8:30 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9:30 Senior Fitness 9-12 B. P. Screening 9-3 Deaf Seniors–Com.C. 11:00 Fremont Paratransit Info & Registration 12:45 Los Amigos 12:45 Crafts 1:00 Bridge 1:45 Fremontaires 3:00 Tai Chi (Beg) 4:00 Tai Chi (Adv)	6 Apple Hill Trip 8:15 Tai Chi 8:30 Walkers 8:40 Cholesterol Tests (appt) 9:00 Canasta 10:00 Bingo! 10:00 Current Events 12:30-2:30 Medicare Counseling (appt.) 1:00 Pinochle & Canasta 1:00 Mah Jongg 7:00 Woodcarvers	7 8:30 Senior Fitness 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:30 Senior Fitness 10-3 B.P. Screening 10:30 Yoga/Stretch 11:30 ECHO Housing, Reverse Mortgage Counseling 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, “Young at Heart” band (\$4)	8 8:30 Walkers 9:00 Pinochle/Canasta 9:00 Card Games 10:00 Bridge 1:00 Pinochle & Canasta 1:30 Birthday Party! Entertainment by The Peninsula Banjo Band Needlecrafts 3:00 Tai Chi
11 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 9:00 Medicare Counseling (appt) 10:00 Harmonica (Carlton Plaza) 11:00 AARP Social Time 1:00 AARP Business Mtg 12:30 Beg Spanish 12:30 Games 12:45 Healthy Lifestyles 1-4 Footcare-Tri-City-appt 1:00 Painting Class 1:45 Interm Spanish 3:15 Adv Spanish (fee)	12 8:00 Meditation 8:30 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9:30 Senior Fitness 9-12 B. P. Screening 9-3 Deaf Seniors–Com.C. 10:30 Indo-Amer. Seniors 11:00 Fremont Paratransit Info & Registration 1:00 Jennifer Abrams, Comfort Keeper’s, What to Look for in Home Care Services 12:45 Crafts 1:00 Bridge 1:45 Fremontaires 3:00 Tai Chi (Beg) 3:00 East Indian Seniors 4:00 Tai Chi (Adv)	13 8:15 Tai Chi 8:30 Walkers 9:00 Canasta 9:30 Band Practice 10:00 Current Events 12:00 Oktoberfest Lunch & Celebration, \$5, \$6, \$7 1-4 Afghan Women 1:00 Pinochle & Canasta 1:00 Mah Jongg 1:30 NARFE Board Meet. at Boathouse 1:00 Afghan Women 7:00 Woodcarvers	14 8:30 Senior Fitness 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:30 Facility Sub Comm. Meet. 9:30 Senior Fitness 10-3 B.P. Screening 10:30 Yoga/Stretch 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, “Young at Heart” Band (\$4)	15 NARFE Date Change 8:30 Walkers 9:00 Pinochle/ Canasta 9:00 Card Games 9:30 Sr. Commission Meeting 12:00 NARFE Social Time 12:30 NARFE Business Meeting 10:00 Bridge 1:00 Pinochle & Canasta 1:30 Needlecrafts 3:00 Tai Chi 3:30 Russian Club
18 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 10:00 Bingo! 10:00 Harmonica (Carlton Plaza) 12:30 Beg Spanish 12:30 Games 12:45 Healthy Lifestyles: 1:00 Painting Class 1:45 Interm Spanish 3:15 Adv Spanish (fee)	19 8:00 Meditation 8:30 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9-12 B. P. Screening 9-3 Deaf Seniors–Com.C. 9:30 Senior Fitness 11-2 Retired Teachers Annual Meeting 11:00 Fremont Paratransit Info & Registration 12:45 Crafts 1:00 Bridge 1:45 Fremontaires 3:00 Tai Chi (Beg) 4:00 Tai Chi (Adv)	20 8:15 Tai Chi 8:30 Walkers 9:00 Canasta 10:00 Bingo! 10:00 Current Events 12:30-2:30 Medicare Counseling (appt) 1:00 Pinochle & Canasta 1:00 Mah Jongg 7:00 Woodcarvers	21 Jackson Casino Trip 8:30 Senior Fitness 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:30 Senior Fitness 10-3 B.P. Screening 10:30 Yoga/Stretch 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, “Young at Heart” Band (\$4)	22 Note: Day Change 8:15-12 AARP Safe Driver Class (must register) 8:30 Walkers 9:00 Pinochle/ Canasta/ Card Games 10:00 Bridge 1:00 Pinochle/ Canasta 1:30 Needlecrafts 3:00 Tai Chi
25 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 9:00 Medicare Counseling (appt) 9:30 Builders Fund Board Meeting 10:00 Harmonica (Carlton Plaza) 12:30 Beg Spanish 12:30 Games 12:45 Healthy Lifestyles 1:00 Painting Class 1:45 Interm Spanish 3:15 Adv Spanish (fee) 7-9 Parkinsons Support Group	26 8:00 Meditation 8:30 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9-12 B. P. Screening 9-3 Deaf Seniors–Com.C. 9:30 Senior Fitness 10:30 Indo Amer. Seniors 11:00 Paratransit Information 12:45 Crafts 1:00 Speaker 1:00 Bridge 1:45 Fremontaires 2:00 Visual Concerns Support Group 3:00 East Indian Seniors 3:00 Tai Chi (Beg) 4:00 Tai Chi (Adv)	27 Flu Shot Day 8:15 Tai Chi 8:30 Walkers 9:00 Canasta 9-1 Flu Shots - \$5, \$25 for pneumonia, no appt needed 10:00 Legal Assist. for Seniors – new day 10:00 Current Events 1:00 Social Security (appt) 1:00 Afghan Women 1:00 Pinochle/ Canasta 1:00 Mah Jongg 7:00 Woodcarvers	28 8:30 Senior Fitness 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:30 Senior Fitness 10-3 B.P. Screening 10:30 Yoga/Stretch 1:00 Chess & Games 2:00 Sr. Center Singers 2:30 Dance, “Young at Heart” Band (\$4)	29 Note: Day Change 8:15-12 AARP Safe Driver Class (must register) 8:30 Walkers 9:00 Pinochle/ Canasta 9:00 Card Games 10:00 Bridge 12:00 Halloween Lunch & Costume Party 1:00 Pinochle & Canasta 1:30 Needlecrafts 3:00 Tai Chi 